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Zach Carpenter, a member of the Air Force ROTC, marches in formation at the end of the Gold Star Hall Ceremony. The event honored five ISU alumni who died while serving in the United States' military.

Sam Greene/Iowa State Daily



Tables filled with medals, newspapers and other memorabilia line Gold Star Hall for a special Veterans Day memorial event. The event, held on Tuesday, honored five ISU alumni who died serving their country.

Sam Greene/Iowa State Daily

Honoring the fallen

Gold Star Induction celebrates years of ISU veteran service

By Wendy.Cardwell
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Serry Lee King remembers her brother Doug King as being a daredevil who lived on the dangerous side. She also remembers him as being an outstanding individual, who's life was taken too soon at the young age of 22.

"Doug was such a great person, even though I was two years older than him, we've always been so close. Nobody realizes how young these kids are as they leave to serve our country," King said.

Doug King was recognized along with four other fallen former ISU students who served in the military at the Gold Star Induction in the Great Hall of the Memorial Union on Veterans Day.

Maurice "Moe" Raskin served in World War II and Jerry Leroy Converse was involved in the USS Liberty. Charles "Doug" King and Donald Lee Sparks served in Vietnam.

Each honoree's story was shared with the more than 200-member audience, which included family and friends of the fallen.

"This is the first year family members of each fallen person who was honored attended the service," said Kristin Erdman, coordinator of the event. "One of our honorees passed away in May, so it's been six months to the day," Erdman said. "His family sent out invites to the event, which had 30 members. We were really blessed. We had so many family members embrace the event."

That man was Deric Rasmussen, who died May 11, 2014, in a non-combat incident while serving as a UH-60 Blackhawk pilot.

Rasmussen attended Iowa State from 1999-2001. He enlisted in 2003, and initially served in Marine Corps signal intelligence.

He left behind his loving family, which included his wife and three children. His children are 3



Jenna Reeves/Iowa State Daily Senior Vice President and Provost Jonathan Wickert answered questions about faculty and staff hiring at the faculty senate meeting on Tuesday.

Senate talks positives of differing experience in faculty

By Makayla.Tendall
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Issues that tenured and non-tenured eligible faculty face was the main topic Faculty Senate on Tuesday.

Provost Jonathan Wickert said faculty members have asked him about the balance between tenured and non-tenured faculty members.

He was asked about departments that continuously have non-tenure eligible faculty teach introductory undergraduate classes and whether or not it was a problem.

Wickert said the purpose of having NTE faculty members teach many classes is because they help with a lot of the 'heavy-lifting' that tenured professors — who also do research and teach classes — do not have time to do. Wickert also said much of the NTE faculty professional practice experience to the classroom that also benefits students.

"As we higher faculty, it's not unconstrained process," Wickert reminded the Senate.

If the university focuses only on hiring tenured faculty, they would not be able to hire as many faculty members total, which would not meet students' needs. The key, Wickert said, is to find a balance between the number of tenured and NTE faculty members.

A bill to change the post-tenure review specifications was also discussed at the Senate meeting.

The post-tenure review is designed to be a peer review for tenured faculty members to continue advancing their performance.

On the post-tenure review, tenured faculty can rate peers as superior. Many of the senators had voiced concerns that rating a peer as superior or unsuperior was misleading and a bad representation of a faculty member's work. The proposed change would adjust the section to say "exceeds expectations."

Stephanie Downs, ISU Wellness Coordinator, also spoke at Tuesday's meeting on what she had been working on to change the university's views on wellness and well-being.

Downs asked faculty members what first came to their minds when they thought of wellness and well-being.

The words exercise and broccoli were some of the first words that came to mind for wellness, while the words vacation, happiness, no stress and workplace environment were the first to come to mind for well-being.

The exercise proved Downs' point that wellness and well-being, essentially the same words, do not deal specifically with physical health.

Downs said she wanted faculty to start focusing on bringing

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Martial Arts Club teaches sexual assault self-defense

By Dakota.Carpenter
@iowastatedaily.com

A group of students is working to cut down sexual assault through martial arts.

A group of students in Communication 317, Small Group Communication, used a class assignment to draw attention to sexual assault and to fundraise money for the Adult Care Center Extending Shelter and Service, or ACCESS, on Tuesday.

Brynn Hansen, senior in community and regional planning, and her group partnered with the Iowa State Martial Arts Club to hold a self-defense seminar at their fundraiser.

"We wanted to pick something close to home," said Hansen.

1 out of 4 women and 1 out of 30 men will be the victim of a sexual assault at some point in their lives.

Sexual assault isn't foreign to Iowa State's campus. This semester, two sexual assault cases have

been reported to authorities.

Tim Sklenar is a graduate student in sustainable agriculture and the education chair for the Cyclone Martial Arts Club. Sklenar and his wife Sarah Carney lead self-defense seminars alongside members of the Cyclone Martial Arts Club.

Sklenar said that he began teaching self-defense seminars and educating others on sexual assault because he wanted to dispel myths regarding sexual assault. He said that past courses sometimes placed the blame of sexual assault on the victim, which caused them to blame themselves and Sklenar said that attitude is detrimental.

Carney said that 90 percent of sexual assaults are committed by someone that the victim knows. When a sexual assault is committed by someone that the victim knows, it begins to happen in small ways such as crossing boundaries, she said. Based on that statistic, Carney and Sklenar teach resistance tactics to instill confidence in those that partake in self-defense seminars.



Hanna Peters practices a self defense move with Theodore Westhues. The Cyclone Martial Arts Club taught self defense techniques at a fundraiser for ACCESS.

Kevin Larson/Iowa State Daily

"If it's someone you know you don't always want to go straight to breaking a leg," Carney said. "When we fight back we aren't increasing our risk [of being sexually assaulted]."

While leading seminars,

Sklenar and Carney demonstrate defense techniques following three basic concepts: verbal, such as shouting, screaming or demanding space, fleeing such as

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28
15



THURSDAY
Mostly sunny but with spotty clouds. Clear overnight.

30
11



FRIDAY
Partly sunny during the day.
Cold and cloudy at night.

32
16

Weather provided by ISU Meteorology Club.

Police Blotter

The information in the log comes from the ISU and City of Ames police departments' records.

All those accused of violating the law are innocent until proven guilty in a court of law.

Nov. 8

Zachary Bennett, 22, of 1416 Mayfield Drive, Apartment 102, Ames, was arrested and charged with public intoxication at Lincoln Way and Welch Avenue (reported at 1:43 a.m.).

Dechele Walker, 24, of 910 Q Avenue, Nevada, was arrested on warrants held by the Story County Sheriff's Office at Hickory Drive and Lincoln Way (reported at 1:53 a.m.).

Joshua Pals, 21, of 1423 South Grand Avenue, Apartment 106, Ames, was arrested and charged with operating while intoxicated at Ash Avenue and Lincoln Way (reported at 1:59 a.m.).

Rachel Reinke, 18, of 5750 NE 118th Avenue, Elkhart,

and **Brittany Obanion**, , of 331 East Southside Drive, Polk City, were cited for underage possession of alcohol at Lincoln Way and Stanton Avenue (reported at 3:28 a.m.).

An individual reported unauthorized entry to a residence hall room and the theft of items at Wallace Hall (reported at 9:48 p.m.).

An officer investigated a loud noise complaint at Frederiksen Court (reported at 10:55 p.m.).

Nov. 9

Dennis Thomas III, 21, of 3006 Wood Street, Ames, was arrested and charged with public intoxication at 3000 block of Arbor Street (reported at 12:01 a.m.).

SNAPSHOT



Sam Greene/Iowa State Daily

Ice creates new obstacle for campus bikers

Despite the occasional ice patch missed by the sidewalk clearing crews, some ISU students are reluctant to leave their bikes at home. The sand covered roads pose a risk for pedestrians and bikers alike.



Charlie Coffey/Iowa State Daily

Winter is coming, first 2014 snowfall arrives

As the winter season approaches, people might be less inclined to ride their bikes to class. Students bundle up as they head to their morning classes after the first snowfall of the 2014 school year on Nov. 11.



Alex Gookin/Iowa State Daily

Jack Trice Stadium expansion update

By Alex.Gookin
@iowastatedaily.com

The media met with the Iowa State Athletic Department and the Weitz Company to tour the progress of the Jack Trice Stadium renovations to close in the south end zone.

The project is in the early stages, with footings and preliminary site work the main focus before connecting

the concourse from the east to west side of the stadium. Construction will continue through the winter months as weather permits.

South hillside seating will not be available for the final two games of the season, Nov. 22 vs Texas Tech and Nov. 29 vs West Virginia. Seating on the north hillside will be made available for those who have tickets on the south hillside.

The athletic depart-

ment reported that they have sold 900 of the 3,000 End Zone Club seats so far this year. Frank Nogel, Senior Associate Athletics Director for External Relations, said they expected to sell about 1,000 seats in the early period and appear to be on track at this point in the process.

Despite not seeing winning results on the field, Nogel said 60 tickets were sold since last Thursday.

Online Content

VOLLEYBALL

ISU set to take on Oklahoma

The ISU volleyball team's next match will be against No. 24 Oklahoma on Wednesday at 7 p.m. The Cyclones are experiencing its first Big 12 winning streak of the season and hopes to build on it against the Sooners. To read the full preview, check out the sports section of the Daily's website.

CROSS COUNTRY

Women take on new attitude for final meets

The ISU women's cross country team is heading into its final events of the season but Iowa State will not be doing anything different for them. The Cyclones have an "if it's not broke, don't fix it attitude." to read the full story, check the sports section of the Daily's website.

TENNIS

Player reaches goal of playing collegiately

Junior and ISU tennis player Alejandra Galvis' childhood dream is just coming true. To read more about her dream and her journey, go online to the sports section of the Daily's website.

PHOTO

Veterans Day celebrated on campus

Gold Star Hall held its annual ceremony in honor of Veterans Day. The event, that was held on Tuesday, inducted five former ISU students who were killed in various wars and conflicts. To see a photo gallery of the event, check out the multimedia section of the Daily's website.

Corrections

The Iowa State Daily welcomes comments and suggestions or complaints about errors that warrant correction. To submit a correction, please contact our editor at 515-294-5688 or via email at editor@iowastatedaily.com.

Overcoming Prohibition

Efforts to Reform State Cannabis Laws



Dan Linn was one of the leading voices for passing the Illinois Compassionate Use of Medical Cannabis Pilot Program Act and the City of Chicago's municipal cannabis decriminalization ordinance. He is the executive director of the Illinois chapter of NORML and an independent contractor with Greenbridge Corporate Counsel.

Dan Linn



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MUGS 4 PUGS

AJ's Ultra Lounge pug mug money funds Story County Animal Shelter

By Kenzi.Mongar
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Students who enjoy a cold beer and helping animals might be barking up the right tree if they participate in the first “Mugs 4 Pugs” charity event.

On Thursday, students with blue paw printed mugs will gather at AJs Ultra Lounge in support of animals.

The “Mugs 4 Pugs” event is offering mugs that say “Keep your paws off my mug” and offering special pricing and drink specials. All of the profits from the mugs will go to the Story County Animal Shelter.

According to their website, the shelter cares and houses abandoned or roaming pets and investigates wildlife encounters.

The fundraiser was created by seven students who decided to collaborate with AJs Ultra Lounge for their class project in Small Group Communications.

They wanted to help an animal shelter because everyone in the student group loves animals, said Selena Woodson, a senior studying communication studies.

The owner of AJs Ultra Lounge, Ben Singh, agreed to help and give back to the community.

Singh purchased the 500 mugs for \$1,000 to sponsor the fundraiser.

The group has sold around 300 mugs so far, said Paige Whiting, a senior studying communication studies.

“AJs Ultra Lounge has never done something like this,” said Laith Kanaan, a junior studying construction engineering and AJs organizer for the event. “A lot of the employees are fans of the animal shelter.”

Whiting and Kanaan both expect the mugs to be gone before Thursday.

Woodson said students on campus are happy to buy one once they find out it’s for animals.

The group said they are grateful for the sales made thus far.

“We want to say thank you to the people who have bought a mug and supported our project, AJs Ultra Lounge and the animal shelter,” Whiting said.

The event will begin at 9 p.m. and go until close November 13, special drink offers include \$1 off wells and \$5 cranberry long islands (pug islands).

Once the “Mugs 4 Pugs” fundraiser is complete, the group will volunteer at the Story County Animal Shelter after presenting them with a check.

“We hope to see everyone there,” Woodson said.

Mugs can be purchased at AJs during the event, on Wednesday from 11-2 p.m., Thursday 12:30-3 p.m. outside Curtiss Hall and 7-9 p.m. on Welch Ave.

The Story County website has a list of animals currently available for adoption for people to browse.

The cost of a spayed or neutered dog is \$35, while a spayed or neutered cat is \$30.



Kyle Schlichting /Iowa State Daily
Paige Whiting, senior in communication studies, sits outside of AJ's Ultra Lounge with one of the dogs from the Story County Animal Shelter on Nov. 11. Whiting is raising money by selling mugs for the animal shelter through the event “Mugs 4 Pugs.”



Kyle Schlichting/Iowa State Daily
“Mugs 4 Pugs” is an event that is raising money for The Story County Animal Shelter through the selling of mugs by AJ's Ultra Lounge. “Mugs 4 Pugs” is happening on Nov. 13 and people can use the mugs they buy that night for special drink offers.

Non-traditional student uses age to further education

By Stephen.Koenigsfeld
@iowastatedaily.com

This is the second of a three-part series featuring Shawn Ennis, a non-traditional, veteran student at Iowa State.

As Shawn Ennis opens the Photoshop file on his computer, he grins, looks it over and gives a sarcastic chuckle to himself.

As confused as everyone else in the room, the 5-foot-10 student dons a disheveled beard — one that hasn't been shaved in a few days — and a haircut that, at one time, looked to be a buzz cut, but has now grown into a more soft-looking 'do.'

He turns to me after looking at a picture of the plastic car on his computer screen and asks, “Do you look at me any differently because I’m not as young as you?”

Ennis and I began talking about what it is like to be in a class full of 20 to 22 year olds and if he thought it was strange being there. As a 30-year-old veteran, non-traditional college student Ennis doesn't have time to worry about prejudices against older, non-traditional students. He has his grades, a job and a

family to keep up with.

“Most people don't even know I'm 30 until it gets brought up,” Ennis says. “I've got this grungy look, so not many can tell the difference. When I shave and get a clean cut, I've been told I look 21 or 22.”

I spent a few days with Ennis — I learned his routine and lifestyle and how drastically different it was from mine, and most college students my age. His schedule varied from day to day, depending on what he did at school, home or work.

It's now 2:10 p.m. on a Monday and the post-lunch drowsiness is setting in in a dimly-lit classroom. Ennis wheels his chair over to Trey Alessio, a junior in Ennis' class — someone who is also struggling on the Photoshop assignment, to give him his two cents worth on where to head with the assignment.

To an innocent bystander, it's just one student helping another. But Alessio says he sees Ennis a bit differently, not in a bad way, but as a figure who might have a little bit more real-world knowledge than he does.

Alessio often spends his Friday and Saturday nights out with friends. He enjoys some time off from

the stresses of school and work — he's a regular writer for the Iowa State Daily and radio host for KURE. Alessio runs on a fairly normal schedule: Wake up, class, work, extracurriculars and sleep, when he gets the chance.

It's drastically different for Ennis. Some mornings start at 6 a.m. where he gets up early to play with his 2-year-old daughter, Ariadne.

On other mornings, Shawn rises around 8:30 a.m. or, if he's running late, 9 a.m. to get to class.

Alessio says sometimes students shy away from the non-traditional students, thinking they, personally, aren't as knowledgeable or don't have the same work ethic as the older students.

“It was nice to hear what [Shawn] was saying, though,” Trey says, speaking of Ennis' beliefs in the classroom. “We're on the

same page and we kind of take life as it comes.”

Shawn has attended Iowa State for a little more than a year now and has gotten a pretty good idea of what the walls of Hamilton Hall can do to newer students.

“I see some younger people always freaking out [about] getting an internship and worrying about getting all the course credits in at once,” Ennis says as he makes a pumping motion with his hands. “I'd just say slow down...calm down and breathe.”

Ennis wheels away from Alessio and stops himself with his hands back at his computer. After fiddling with the pen tool on Photoshop for a while, he has traced the toy car and looks it over.

Then, glancing back to me asks, “Well, it's not perfect. But I think it's close, right?”



Photo courtesy of Shawn Ennis
Shawn Ennis teaches children how to stay away from drugs during a deployment in Germany. Ennis taught kids how security systems work as in cameras and alarms, that way they knew they were protected.



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Professors lead STRIPS project

By Dylan.Roth
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Strips of prairie are being incorporated into agricultural fields as part of the STRIPS project at Iowa State to battle the changing climate's effect on crops. STRIPS stands for Science-based Trials of Row crops Integrated with Prairie Strips. This new conservation practice takes small patches of prairie and integrates them into the row crop field. The small patches of prairie within row crops help to create efficient, non-wasteful agriculture. Two ISU professors, Matthew Helmers and Lisa Schulte-Moore, are the leaders of the STRIPS project. "Farmers are realizing that we are living in a different climate today than we were historically. The practices that worked in the 1980s aren't working anymore," said Schulte-Moore, professor in the department of natural resource ecology and man-

agement. Schulte-Moore said that prairie strips can help keep farmland productive. The Leopold Center for Sustainable Agriculture at Iowa State has been providing funds and developing outreach programs for the STRIPS conservation project since 2007 when STRIPS was introduced. "We were one of the first supporters of the STRIPS project," said Laura Miller, communications specialist at the Leopold Center. Established in 1987, the Leopold Center for Sustainable Agriculture's goal is to reduce negative environmental and social impacts of farming and to generate new methods of profitable farming that conserve natural resources. "The really cool thing about the STRIPS practice is that you get a combination of advantages," said Schulte-Moore. Benefits of STRIPS include improvements in water and soil quality, soil conservation, biodiversity, wildlife habitats and opportunities for biomass

production. Prairie strips also render farmland that is pleasing to look at. "Prairie strips provide benefits that all Iowans can appreciate in some way, shape or form," said Helmers, professor in the department of agricultural and biosystems engineering. The STRIPS team at Iowa State performed an experiment in 2008 that converted 10 percent of the agricultural land at the Neal Smith National Wildlife Refuge to prairie strips. The result was a 95 percent decrease in the amount of soil lost due to runoff. "As we look at Iowa, the importance of keeping soil in place is becoming more and more important," said Helmers. "We have a practice that can help farmers do that." Although Helmers and Schulte-Moore are the leaders of this project, the results of STRIPS can be attributed to many people. Schulte-Moore said that the members of the STRIPS team come from a variety of academic back-



Sediment has collected within the flume and will later be analyzed by ISU students. A flume was set up in each of the research plants within the prairie field. The prairie is located in Prairie City, Iowa, east of Des Moines.

grounds including agronomy, hydrology, entomology, economics and social sciences. "We are collecting data from looking at all of these different realms," said Schulte-Moore. "We also work together as a group to analyze the data." The STRIPS team also works externally with non-governmental organizations, government agencies and private farmers. "One of the most exciting things for me about STRIPS is the fact that we are now working with people on their private farms," said Schulte-Moore. Miller said that 20 Iowa farms are expected to implement prairie strips into their row crop fields by the end of November. "We need to celebrate our success," said Helmers. "We also know that there is still a lot of work to do."

Dean Wintersteen finds forever home at Iowa State

By Michaela.Ramm
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This is part one of a seven-part weekly series featuring the dean of each college at Iowa State.

The office in Curtiss Hall has a large window overlooking central campus with a clear view of the Campanile. Every time a chime rings out, it marks 15 more minutes at Iowa State for Wendy Wintersteen. Wintersteen, the Endowed Dean of the College Agriculture and Life Sciences at Iowa State, has held the her position since January 2006. "I love my job," Wintersteen said. "I love the fact that Iowa State is a land grant, and it's about being engaged with the people of the state. It's to serve the people of the state." She said she chose agriculture because her parents and both sets of grandparents were farmers. "When I was a child, we moved into Hutchinson, Kansas, so that's where I spent most of my childhood," Wintersteen said. "We'd always go back to the farm and I just knew I

wanted to be involved in agriculture because of that connection to my parents' and grandparents' enterprise." After obtaining her degree, Wintersteen began looking for her next challenge. She was offered a position at Iowa State extension and began working in January 1979. "I had a wonderful experience as a new student coming out with my bachelor's degree," Wintersteen said. "It was such a wonderful experience to be in the field working with farmers. I still have friends that I met in 1979 working as an extension associate." Wintersteen said she moved to central Iowa after a couple of years, keeping the same job. This allowed her to obtain a Ph.D. in entomology from Iowa State. "I was offered the opportunity to run the pesticide education program at Iowa State University, and I did that as a full-time job," Wintersteen said. "That's how I got to Iowa State." She has lived in Ames ever since. "I've lived in Iowa longer than I have lived in my home state of Kansas. I truly feel like an Iowan," Winter-

steen said. Wintersteen married her husband Robert in 1984. She said they had known each other since high school. "Robert was getting his degree at Drake and I was working at Iowa State, and we decided to get married. It was the best decision of my life," she said. Wintersteen said her husband is very supportive of her job. "I have a wonderful husband," Wintersteen said. "He always says his job is to take care of me, and he does a great job of it." Wintersteen has traveled all over the world for her work, and said her husband often accompanies her. She said she has been many interesting places, including Uganda, Kenya, Egypt, Russia, China, India, France and others. Wintersteen has traveled to Tel Aviv, Israel, for her position on the U.S.-Israel Binational Agricultural Research and Development Fund. During her work in Israel, Wintersteen said they had the opportunity to visit research farms in the area. "One of the farms we visited last May was a farm focused on the production of olive oil," Wintersteen

said. "So we sat around a table and did an olive oil tasting, like you would do a wine tasting. Olive oil was one of my favorite things, so I learned quite a bit about it." When she is not working or traveling, Wintersteen said she enjoys gardening at home and reading murder mystery novels. She is currently working on Jonathan Kellerman's latest novel, Killer. "My husband and I both love women's basketball," Wintersteen said. "So that's one of the joys we find when this time of year comes up." Trina Zimmer, Wintersteen's administrative assistant, has worked for the dean for five years, but has been working for Iowa State since 1993. "It's not the same thing every day, so you don't know what to expect," Zimmer said. "[Wintersteen] meets with a lot of constituents that are off-campus. I also get the great chance to work with people on campus." Carla Persaud, a secretary, worked with Wintersteen for about two years while she was the senior associate dean. "It's very easy going to work with [Wintersteen]," Persaud said. "She knows what she wants and gives good direction." Zimmer said she enjoys working for Wintersteen because of her great attitude. "She's very low-key and doesn't get very hyper about things," Zimmer said.

"She's very easy to talk to, very down-to-earth and just conscientious about the staff who work around her." Wintersteen works with a team of associate deans, department chairs and center directors. However, she said the most important members of the college are the faculty and staff. "It's our faculty and staff working with our students that are really the heart of the college," Wintersteen said. Wintersteen said that Iowa State's college of agriculture and life sciences is very global. "Back in March, Iowa State's agricultural program was ranked number five in the world," Wintersteen said. "So we have great reputation, and that comes in part from the international relations we have with other agricultural universities around the world." She said she is making knowledge about agricultural sciences more known to others by serving on boards that help do just that — she works with the Board of Trustees for the Council for Agricultural Science and Technology and the Board of Trustees for the Farm Foundation. Wintersteen said very few people grow up on a farm these days, and have very little knowledge about the science associated with agriculture. "It becomes more important that we are able to communicate about agricultural sciences in a way



that consumers understand and can make critical decisions," Wintersteen said. "We want them to have a base knowledge so they can truly evaluate issues." Wintersteen said her favorite part of the job is working with the students who are a part of the agriculture and life sciences program. "But personally, what I love is when students come and tell me what happened to them that day," Wintersteen said. "The best day for me is when a student comes up and tells me about a great experience they got to have because of a scholarship or an internship or a study abroad opportunity." She has no plans to leave Iowa anytime soon. "I've had opportunities to leave in the past," Wintersteen said. "I love Iowa and Iowa agriculture, and I love the people involved in it. I never really wanted to leave and I never have left."



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By Sean.Mcgarvey
@iowastatedaily.com

Having Alex on Ellen could be seen as a way for TV producers to boost their ratings. They grab hold of whatever the newest sensation is and use them until their worth has diminished. Two examples come to mind when I think about our society idolizing the average

In 2012, Honey Boo-Boo received her own show called, "Here Comes Honey Boo-Boo." The 6-year old girl from Georgia captured the attention of over 2 million viewers for the premiere of the season. The series ran for

The cable television channel E! reports that the oldest Kardashian sisters are equal to \$83 million. That's \$18 million for Kourtney and

Put down the remote. Think before you retweet the picture of that random guy and start looking at the people who are making a difference.

By Madison.Ward
@iowastatedaily.com

Brittany knew where she was headed and what the

I have seen what cancer does to a person and it was probably the most painful

Father Jon Seda of St. Thomas Aquinas Church

I personally believe that each of us has a right to live and a right to die if faced with a terminal illness and therefore that this act should be part of the national discussion. However, further stipulations would need to be implemented to ensure that no one gives up hope when there is still hope to be had.

Courtesy of Wikimedia Commons

Megan Kalb, illustrator

Online feedback may be used if first name and last name, major and year in school are included in the post. Feedback posted online is eligible for print in the Iowa State Daily.





Freshman setter, defensive specialist Monique Harris serves the ball in the match against Iowa on Sept. 20. The Cyclones swept the Hawkeyes in three short sets.

A UNIQUE JOURNEY

Freshman setter swoops in to revitalize ISU offense

By Harrison.March
@iowastatedaily.com

This is the second in a three-part series featuring the freshmen on the ISU volleyball team. Look for the last part in Thursday's paper.

The spring semester of the 2013-14 school year was right around the corner, and while Monique Harris's classmates back in Clinton, Iowa were getting ready to take on their last leg of high school, it was time for her to move on.

An opportunity had presented itself — one to leave high school early and enroll at Iowa State, where the Under Armour Honorable Mention All-American had committed to play volleyball. She grabbed that chance, and never looked back.

"I wasn't into high school very much," Harris said. "I was ready to leave and this chance was available ... It ended up being a really big help getting ahead in school and learning how to be away from home."

Getting to Ames a semester early, practicing with the team and competing in

the spring exhibition season gave Harris, a setter, a leg up on the other players new to the team. However, it didn't immediately pay off.

When Aug. 29 rolled around and the Cyclones were slated to face then-No. 3 Stanford, Harris found herself playing the role of backup to Suzanne Horner, a sophomore who had just transferred in from Mississippi State.

Harris saw action in just one set of the ISU loss that day, tallying five assists.

Horner held on to the job as the primary setter for the Cyclones, but she knew that Harris had a chance to be something special.

"I feel like she's just one of the most competitive people on the team," Horner said. "She was and still is always working hard, always working to make herself better and the people around her better."

Then on Nov. 2, staring in the face of the team's first Big 12 home loss of the year, ISU coach Christy Johnson-Lynch decided to change things up.

The Cyclones were down 2-1 to the visiting Texas Longhorns, who were ranked No. 5 in the nation at the time, and Johnson-Lynch needed a way to rein-

vigorate her team's offense to make a push at staying alive in the match.

She and her staff elected to employ a 6-2 rotation in place of the traditional 5-1, meaning two setters would always be on the court at opposite sides.

Enter Monique Harris. Though the Cyclones went on to drop that set and the match, Johnson-Lynch saw an opportunity to use that system going forward and make Harris an integral part of the ISU offense.

"She just has a nice presence about her," Johnson-Lynch said. "She's athletic so she can get to a lot of stuff – a lot of junk balls or balls that barely get up off the floor. She can dive in and she's so quick. She can make things happen."

In the two matches since using the 6-2 rotation full-time, the ISU volleyball team has yet to lose even a set, sweeping then-No. 22 Kansas State at Hilton Coliseum and taking the brooms to West Virginia for the Cyclones' first Big 12 road win of the year.

After seeing the court in 17 of Iowa State's first 20 matches of the season, Harris had totaled 43 assists in 45 sets played. In the six sets against Kansas State

and West Virginia, Harris has amassed 43 more assists — 7.5 times as many assists per set than before.

"It's pretty exciting," Harris said. "I'm still just going in and doing whatever I have to do to help my team win. I feel like I bring a lot of energy to the court when I'm out there."

Harris stepping into a bigger role has also diminished the touches she has gotten in the previous two matches. Horner, however, has taken the adjustment in stride, never focusing on why her duties are lessened, but rather staying focused on what is best for the team.

"I think she [Harris] brings good energy and she's a great defensive player," Horner said. "Setting-wise, she's really good at spreading the ball around and her decision making. It's been really great that we've been able to find a system that really works to all of our abilities."

Though Harris has popped off the stat sheet as of late, the volleyball novice may not even notice how instrumental she has been to facilitating the ISU attack. Such is the life of a setter, however, where the most attention is drawn when a mistake is made, rather than

during exceptional distribution or situational awareness on the court.

At the end of the day, Harris is just simply playing her position on the hardwood. What perhaps is most impressive to Johnson-Lynch is how well Harris is making that happen.

"She's really done a nice job," Johnson-Lynch said. "She's organized, she puts up really nice sets... You wouldn't know she's a freshman. You wouldn't know she hasn't set most of the year."

Harris' rise to success in one of the NCAA's premiere volleyball conferences might appear sudden and maybe even unexpected, but it's actually been a deliberate process — one that began when she took the initiative by enrolling at Iowa State last winter and was brought to fruition when Johnson-Lynch took a chance on a new offensive scheme late in the season.

In the end, it has all paid off.

"It's pretty cool to play at this high level and to play at the position I've always played," Harris said. "It's been an honor. It really has."

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Running and mortality

-Dr. D.C. Lee,
assistant professor in kinesiology



- 
- | Lifestyle Factor | Impact on Life Expectancy |
|---------------------|-------------------------------|
| Healthy, non-runner | -2 years of life expectancy |
| Obesity | -3 years of life expectancy |
| Diabetes | -4.3 years of life expectancy |
| Hypertension | -5.2 years of life expectancy |
| Smoking | -7 years of life expectancy |

Dr. D.C. Lee's study showed if participants stopped smoking, mortality rates would be reduced 11 percent. Lee also found if participants included running in daily life, the rate would be reduced 16 percent.

Running for the long run

Running has been proven to help increase cardiovascular health, but did you know that running has the potential to significantly reduce your risk of an early death?

The study was established in 1970 and Lee joined in 2011. They studied the associations of running with all-cause



Dr. D.C. Lee

"The study showed that a person who ran less than an hour per week had the same amount of mortality benefits

Lee found that if everyone in the database stopped smoking, the number of deaths would be reduced 11%. Likewise, if everyone was a runner in their database they could reduce 16% of all causes of mortality.



Jenna Reeves/Iowa State Daily

Contrary to popular belief, a small snack after your workout is far more beneficial than going hungry. Not only will this help build muscle, but it will also restore your body's loss of glycogen.

Replenish after your workout

Individuals want to be aware that after working out, sweating can attract natural residue such as oils, dirt and bacteria on the face.

Even after a workout, it's just as important to apply deodorant. Individuals who wish to stay clear of body odor should think about carrying their deodorant. Deodorant after working will help prevent body odor that is caused

Treat the body by hydrating it with fresh water. When working out, individuals are consistently sweating out the water source in their body. That is why it's important to replenish the body to provide long-lasting energy throughout the day.



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Horoscopes by Linda Black

Today's Birthday
(11/12/14)
Focus on a passion this year. Social networking advances your career. Make love lists, and schedule actions. Self-discovery abounds until 12/23, when a new and profitable annual phase begins. Discipline pays off, and well. A romantic new phase in fun sparks after 3/20, leading to a peaceful, quiet phase after 4/4. Meditate on love.

To get the advantage, check the day's rating: 10 is the easiest day, 0 the most challenging.

Aries - 7
(March 21-April 19)
Things seem easier and more fun today and tomorrow. Practice a beloved art or craft. Play a fun game with family. Do some futuristic dreaming. Catch up on the news. A little effort restores harmony.

Libra - 7
(Sept. 23-Oct. 22)
Talk about your imaginings, and draw beautiful fantasies. Good things come of it. Your team gets inspired, and they inspire you more. Commit to a romantic dream. It's possible to be objective.

Taurus - 7
(April 20-May 20)
Helping others achieve fantasies pays well. A female teaches you a thing or two. Attend to household matters today and tomorrow. That includes more paperwork, too. You're in the groove.

Scorpio - 8
(Oct. 23-Nov. 21)
You're thinking you've won big. Assume more responsibility over the next few days. Talk over plans with family before committing. Communicate your dreams, and how you see this opportunity.

Gemini - 9
(May 21-June 20)
Your creativity gushes today and tomorrow. Capture and record it. Study, practice and put it all into words. You can get farther than imagined. Fantasize, and share your ideas with someone who likes to banter.

Sagittarius - 7
(Nov. 22-Dec. 21)
Clarify your direction with friends. Consider a business seminar, professional or educational travel or exploration over the next two days. Discoveries arise spontaneously, revealing hidden beauty.

Cancer - 9
(June 21-July 22)
It's getting fun now. Today and tomorrow are good for making money. Keep playing, and your cards improve. Have faith. Friends help you make an important connection. Get advice from an expert.

Capricorn - 8
(Dec. 22-Jan. 19)
Arrange financing or play with investments over the next two days. Continue a renovation project. There's a profitable opportunity to increase your assets. Discuss ideas for realizing dreams.

Leo - 8
(July 23-Aug. 22)
Feelings of love surround you. You're especially charming now. Your personal power could seem intense over the next few days. Settle into a fascinating conversation.

Aquarius - 9
(Jan. 20-Feb. 18)
Write each other love notes. Express your passionate dreams. Accept a promise, with compliments. Negotiation and compromise flow easily. Collaboration provides greater results.

Virgo - 7
(Aug. 23-Sept. 22)
Finish up tasks today and tomorrow. Keep track of what you're owed. Gain more than expected. Store away special things for next time. Meditate in seclusion, surrounded by beauty and dreamy relaxation.

Pisces - 7
(Feb. 19-March 20)
Get a clear picture of what you want. Friends respect your skill. Your workload could seem intense over the next few days. Use your secret weapon. Don't embellish the truth. Talk about your work.

Sudoku by the Mephram Group

6	1						4	7
5				7		1		
3			8		5			
			4			9		
9			3		8			6
		4			6			
			5		7			4
		9		4				1
4	3						5	2

LEVEL:
1 2 3 4

Complete the grid so each row, column and 3-by-3 box (in bold borders) contains every digit, 1 to 9. For strategies on how to solve Sudoku, visit www.sudoku.org.uk

Crossword

1	2	3	4	5		6	7	8	9		10	11	12	13
14						15					16			
17						18					19			
20						21					22			
				23	24				25	26				
27	28	29							30					
31							32			33	34	35	36	
37					38	39	40			41		42		
43			44		45					46	47			
				48	49				50	51				
52	53	54					55							
56							57			58	59	60	61	
62						63	64			65				
66						67				68				
69						70				71				

- Across**

1 Tibetan holy men
6 Voice above tenor
10 Boy or girl lead-in
14 Traditional saying
15 Sound of pain
16 Scientology creator Hubbard
17 Big Bang, to a physicist
20 Snarky state
21 What comes before beauty?
22 -weensy
23 Show stopper
27 Greeter and seater
30 Frozen drink brand
31 Started the pot
32 Commercial suffix with Motor
33 Pop's favorite root beer?
37 Old man's place, in Hemingway
38 One of two gridiron borders, and what the last words of 17-, 23-, 52- and 62-Across can have
42 Sock part
43 Hair line
45 Aegean island
46 Beachcomber's beat
48 Selma or Patty, to Bart
50 One of the 3-Down
- 52 Like some August sales
56 Cop ___: bargain in court
57 Actor McKellen
58 Partners of cons
62 Alabama Slammer liqueur
66 Gen. Robert ___
67 Truck maker with a bulldog logo
68 Mentor's charge
69 Fizzy drink
70 "Terrible" age
71 Single-master
1 Some are chocolate
- Down**

2 Arabian Peninsula port
3 Gift-bearing trio
4 Stir up
5 Hill VIP: Abbr.
6 Pamplona pals
7 One who eschews company
8 Bag marker
9 Lennon collaborator
10 Let out, say
11 Singer Lopez
12 Siberian industrial center
13 In the blink of ___
18 2014 N.L. East champs
19 Fancy party
24 Formally relinquish
25 Rural skyline
- 26 Diagnostic test
27 Door fastener
28 Most fit to be drafted
29 Guide for the 3-Down
32 Parts of lbs.
34 Physics particle
35 Explorer on Nick Jr.
36 Detected
39 Barcelona boy
40 Web address parts
41 Name on some Canadian pumps
44 Break for a meal and a beverage, in Britain
47 Lending a hand
49 Four Corners state
50 Strikes sharply
51 Prefix with sphere
52 Fenway corners
53 Speed skater ___
Anton Ohno
54 In the loop, with "in"
55 ___ de Mayo
59 Tiller lead-in
60 Black-and-white treat
61 Setup instructions word
63 911 respondent, briefly
64 Rarer than rare
65 Places with peaks and passes: Abbr.

HONOR p1

years old, 2 years old and 8 months old as of November 2013. At the time of his death, he was 49 days away from coming home.

For Shannon Geisinger, former high school friend of Rasmussen's, the Gold Star Hall Ceremony was a form of closure.

"It was so great from the sense we weren't able to attend his previous memorial services," Geisinger said. "Being able to come was a good way to feel like we completed the circle. Deric really did pay the ultimate price and help serve our country."

Gold Star Hall is the memorial in the Memorial Union. When the Memorial Union opened in 1928, the names of individuals who attended Iowa State and died in World War I were carved into the walls.

In World War I, when a family had a son or daughter in the service, they displayed a card with a blue star in their window. When a life was lost, the card with the blue star was changed to a gold star, which created the name Gold Star Hall.



Sam Greene/Iowa State Daily
ROTC students from various branches of the military retrieve the colors at the end of a Veterans Day memorial in the Great Hall of the Memorial Union. The ceremony honored five fallen ISU alumni and took place on Tuesday.

These names were all people who served in World Wars I and II, Korea, Vietnam, Somalia as well as Iraq. Gold Star Hall is the memorial that the entire building represents.

"When I was asked to speak today, it felt like an honor," said Matt Johnson, an ISU student who is also a veteran. "Celebrating Veterans Day is about the recognition of those who have sacrificed, those who have

paid the ultimate price. I hope when I was speaking I emphasized how I felt about recognizing them and how important it is to reflect on that."

To be included in the Gold Star Hall, individuals must be a current or former ISU student, cause of death must be directly related to a military operation and must have served in the Air Force, Army, Coast Guard, Navy or Marines. There are now

about 6,000 names adorning the walls of Gold Star Hall.

"Today on Veterans Day, we must remember the sacrifice of all veterans," said Lieutenant Richard Smith, professor of military science and tactics. "The sacrifice of missed births, birthdays, Christmases, Thanksgivings and school plays. That's the ultimate sacrifice. Let's rejoice in the freedom we do have, and with that I say thank you."

SENATE p1

their best self to work each day. In order to do that, she said they had to balance career, social, emotional, financial, physical and community health.

Interim Dean Joyce Garnett for Parks Library, spoke to Faculty Senate

about what her department is continuing to do advance service provided by the research library.

Accessibility is a large focus for library employees, Garnett said.

The digital repository now has close to 30,000 journals, articles and research materials on file,

which adds to students' accessibility of the library, Garnett said.

William Carter, assistant professor for world languages, was also asked about the mold on books that took most of the German language collection out of circulation, along with many other books.

Garnett commented that the situation is under control and said she made sure the library does not have a humidity problem.

"The collection itself was subject to heightened humidity. It's actually quite pretty, this nice little bloom that looks like artificial vintage," Garnett said.

ASSUALT p1

running or leaving the situation and physical force such as utilizing pressure points, pushing, striking or fighting back.

After Carney and Sklenar demonstrate how to successfully perform techniques, they give attendees opportunities to practice

alongside members of the martial arts club.

The members of the martial arts club are given small groups of students to work with to help them perfect the techniques that they are shown by Carney and Sklenar. Students are able to practice things such as grabbing, stomping and screaming in their small

groups.

Sklenar is confident that people can do certain things to prevent being victimized such as being aware of surroundings and always going with a gut feeling.

"It's never the victims fault. The only person that can prevent an attack is the perpetrator," Sklenar said. Another thing that

Sklenar and Carney promote in their seminars is consent. Together they say that if a yes has not been given, it is not consensual. Sklenar also said that if a person is under the influence of alcohol or drugs than proper consent cannot be given.

"Consent it never assumed. It's never implied," Sklenar said.

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